

# Too Good for Violence – Social Perspectives

## Grade 5 Revised Edition

Correlated with Kentucky Core Academic Standards Primary

### Lesson 1: *Preparing for Take Off* – Goal Setting

#### Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the Goal-Setting model
- Identify and apply the Goal-Naming criteria
- Name a short-term personal goal using the Goal-Naming criteria

#### 1.PL-P-PW: Personal Wellness (Health Education)

2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.

2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

### Lesson 2: *Rocket Science* – Decision Making

#### Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

#### 1.PL-P-PW: Personal Wellness (Health Education)

2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.

2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among options.

#### 3.PL-P-S: Safety (Health Education)

2.3 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among-options.

## Lesson 3: *Systems Check* – Identifying and Managing Emotions

### Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage emotions

### 1.PL-P-PW: Personal Wellness (Health Education)

2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

## Lesson 4: *This is Your Captain Speaking* – Effective Communication

### Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

### 1.PL-P-PW: Personal Wellness (Health Education)

2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.

4.1 Students effectively use interpersonal skills.

## Lesson 5: *My Flight Crew* – Bonding and Relationships

### Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

### 1.PL-P-PW: Personal Wellness (Health Education)

2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.

5.4 Students use a decision-making process to make informed decisions among options.

### 3.PL-P-S: Safety (Health Education)

4.3 Students individually demonstrate consistent, responsive, and caring behavior.

## Lesson 6: *Initiate Launch* – Respect for Self and Others

### Objectives

Following this lesson, the student will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions

- Discuss the role of cooperation, respecting differences, and communication on connecting with others

**1.PL-P-PW: Personal Wellness (Health Education)**

- 2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.  
4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## **Lesson 7: *Smooth Landing* – Conflict Resolution**

**Objectives**

Following this lesson, the student will be able to:

- Define conflict
- Distinguish cooperation from competition in conflict resolution
- Identify the emotions associated with conflict
- Identify the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

**1.PL-P-PW: Personal Wellness (Health Education)**

- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.  
5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.  
5.4 Students use a decision-making process to make informed decisions among options.

**3.PL-P-S: Safety (Health Education)**

- 5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.  
5.4 Students use a decision-making process to make informed decisions among-options.

## **Lesson 8: *Initiate Countdown* – Anger Management**

**Objectives**

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

**1.PL-P-PW: Personal Wellness (Health Education)**

- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.  
5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.  
5.4 Students use a decision-making process to make informed decisions among options.

**3.PL-P-S: Safety (Health Education)**

- 2.3 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.  
4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.  
5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among-options.

## Lesson 9: *Shields Up* – Identifying and Managing Bullying Situations

### Objectives

Following this lesson, the student will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets and witnesses to use to prevent or reduce bullying
- Identify the three types of participants in a bullying situation
- Differentiate snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

### 1.PL-P-PW: Personal Wellness (Health Education)

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among options.

### 3.PL-P-S: Safety (Health Education)

2.3 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among-options.

## Lesson 10: *Flight Academy* – Being a Positive Role Model

### Objectives

Following this lesson, the student will be able to:

- Define role model
- Identify the qualities of a positive role model
- Name ways to influence others positively
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes
- Recognize how student role models can positively impact school climate
- Recall and practice the skills taught in Too Good for Violence – Social Perspectives lessons 1-9

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2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among options.

### 3.PL-P-S: Safety (Health Education)

2.3 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

5.4 Students use a decision-making process to make informed decisions among-options.